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Everything You Need To Know About Facial Rejuvenation Treatment

By - Dr. Hitesh Laad in Pune

What Is Facial Rejuvenation?

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Any cosmetic procedure that improves the skin's outward look on the face is referred to as facial rejuvenation. Rejuvenation treatments are primarily used for skin conditions that affect the upper to middle layers of the dermis, such as wrinkles, dark spots, scarring, and skin laxity.

A **facial rejuvenation treatment** goal is to activate the body's inherent capacity for regeneration, particularly the skin's capacity to regenerate new skin cells and recover from injury. Consider rejuvenation procedures as new beginnings for your skin's surface cells, which may help you seem more refreshed and young.

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What Treatments Are Available for Rejuvenation?

Rejuvenation procedures are mostly non-invasive and non-surgical, with just a handful requiring minimally invasive procedures, including injectable procedures. There are dozens of facial rejuvenation procedures, however, the following are the most popular and successful ones:

1. Dermal Fillers
2. Neurotoxins
3. Halo Laser
4. Hydra Facial
5. Microneedling

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How Long Do Treatments for Rejuvenation Last?

Depending on the patient's response to the therapy and the intended benefits, each rejuvenation treatment might be anticipated to endure a variety of times.

For instance, although neurotoxic treatments typically last for 3 to 4 months, dermal fillers can deliver benefits that persist from 6 to 18 months at a period. The duration of a facial or peel treatment might range from a few weeks to as long as two to three months. Depending on the procedure being performed, laser treatments and other energy-based therapies can continue for three to six months or longer. And whether PRP is used or not, the effects of micro-needling treatments might continue for one to three months.

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How Can the Results of Facial Rejuvenation Be Improved?

You can improve the outcomes of any rejuvenating therapy in several ways. In order to benefit the most from each treatment, we advise patients to take good care of their skin and general health. You can take the following actions to improve your outcomes:

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Skincare Items

Any anti-ageing or skin-perfecting treatment can last longer when used in conjunction with the correct skincare product. Ideally, you should utilize OTC or prescription-strength skincare items that include vital active components like hyaluronic acid, retinol, or AHA. Cleansers, moisturizers, serums, exfoliants, and sunscreen are examples of skincare products.

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Hydration

One of the simplest things you can do to keep your skin healthy is to drink enough water. Your body depends on water to flush out toxins, including those from the skin, and your skin needs enough hydration to be elastic and retain moisture.

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Sleep

Sleep is necessary to keep skin looking good. We are more prone to dry skin, acne outbreaks, and under-eye bags when we are sleep-deprived. Getting enough uninterrupted sleep each night can help tone the skin and guarantee that any cosmetic procedures provide their best effects.

Making peace with age's symptoms need not be difficult, even when ageing may be unavoidable. Numerous face rejuvenation procedures are available to help you revive your look and erase the telltale signs of age. Make an appointment as soon as you decide which of these therapies is best for you.

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Dr. Hitesh Laad established "**Authentic Hair Transplant and cosmetic centre**" in Pune with the aim of providing the highest international standard of advanced, ethical, safe and effective treatments in areas of hair transplant and medicines, cosmetology and cosmetic surgery. He aims to provide an ethical centre with advanced technology and skills for the benefit of his patients and society at large. "Quality, compassion and integrity" is their motto.Dr. Hitesh Laad has a special interest in the field of hair treatment and hair transplant surgery. He recognizes this surgery as a highly-skilled microsurgical procedure and takes joy and pride in performing these successful, life-changing surgeries, which affects his patient's personal, professional and social life positively.

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